

Child and Adult Care Food Program

Welcome to the November edition of the Michigan Department of Education (MDE) Child and Adult Care Food Program (CACFP) Monthly E-Newsletter. We hope you have enjoyed our monthly installments of CACFP related guidance and news compiled for your convenience.

If you need additional information between updates, please visit the [MDE CACFP website](#)ⁱ or call the CACFP office at 517-373-7391. Time-sensitive information may be sent out immediately as necessary.

Holiday Hours

CACFP will be closed on November 11, 2015, in observance of Veteran's Day and November 26-27, 2015 for Thanksgiving.

What's New?

All institutions participating in the CACFP are required to post the following revised nondiscrimination statement (NDS), see timelines below:

In accordance with Federal civil rights law and United States Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#)ⁱⁱ, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.htmlⁱⁱⁱ*, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; Fax: (202) 690-7442 or Email: program.intake@usda.gov^{iv} This institution is an equal opportunity provider.

Short version: "This institution is an equal opportunity provider."

All documents, pamphlets, websites, etc. should be updated as follows:

- Websites must be updated by November 20, 2015
- Documents, pamphlets, brochures, using NDS language prior to 2013 must be updated by December 31, 2015
- Documents , pamphlets, brochures, etc. using 2013 NDS language should be updated when supplies are exhausted or by September 30, 2016
- All new printing of all child nutrition documents must use the 2015 NDS

*USDA is aware that this link is not currently working and is in the process of correcting it.

New Operational Memos

Listed below are the recent operational memos issued by MDE-CACFP and a brief summary of each one. The complete list of operational memos can be accessed at [MDE CACFP website](#) under Operational Memoranda.

- **Service of Traditional Foods in Public Facilities**
(FY 2015 Institutions Memo #41)
This memo provides guidance on allowing donations to and serving of traditional food through food service programs at public facilities and nonprofit facilities, including those operated by Indian tribes and facilities operated by tribal organizations that primarily serve Indians. While this provision affects other food service programs, this memorandum is intended to provide guidance only relating to how this provision affects institutions operating the USDA Child Nutrition Programs.
- **60-Day Deadline and Late Claim Exceptions – Fiscal Year 2016**
(FY 2016 Institutions Memo #1 and FY 2016 FDCH Memo #1)
This memo lists the claim submission deadline dates and the guidelines for requesting late claim and amendment exceptions.

CACFP Trainings – Fiscal Year (FY) 2015 and FY 2016

A big THANK YOU for those who were able to attend the CACFP workshops/training during FY 2015. Your comments on the survey are greatly appreciated. The training and workshop schedule for FY 2016 is in the development stages, and will be released soon. Training is also available online under “Training” at: [MDE CACFP website](#).

Common Findings during Administrative Reviews

Each month MDE CACFP will list common findings identified by our monitoring staff during administrative reviews and site visits. Information on common findings is provided to inform and provide assistance to our centers and sponsors to ensure common errors are corrected to insure program compliance. Knowledge of CACFP regulations and requirements helps ensure your institution will be in compliance and receive full reimbursement for the healthy meals and snacks you provide.

Common Finding:

Ethnicity and Racial Beneficiary Data Form - filled out incorrectly or not completed for each site annually.

Ethnicity and race data must be collected each year for all participants at each center and kept on file for three years following the end of the fiscal year to which it pertains. This form must be completed for each site.

The first section of the form collects race and ethnicity data of children in the local school district. This data can be found at our website under “Resources” at [MDE CACFP website](#). The second section of the form collects the numbers for participants served by your center. The third section of the form, if completed in Excel, will automatically compare local school district data with center data. This section provides valuable data to determine if centers are serving participants proportionally to race and ethnicities as represented in the local area. This information should be used for outreach purposes to reach unserved populations for the CACFP.

Best Practices:

A best practice would be to attach a copy of the school district data sheet used in your calculations to your Ethnicity and Racial Beneficiary Data form.

New Grant Opportunities

The following grant opportunities are currently available through No Kid Hungry-Share Our Strength: No Kid Hungry Innovation^v.

- Ambassador Model: This model uses peer-to-peer influence to promote the afterschool meals program. Ambassadors will receive leadership training on the program and have a chance to earn prizes when they successfully get more kids to try the meal.
- Supper in the Classroom: Meals are offered to all students in the classroom setting after the official end of the school day. An enrichment activity is provided in the classroom during eating time. For example, teachers offering homework help, showing an educational video, or reading aloud.

CACFP Monthly Nutrition Bite

The Proposed CACFP Meal Pattern Requirements in "Bite Sized Portions"

The USDA proposed CACFP meal pattern requirements were released in January 2015. Under the proposed changes, adults and children in day care will receive a greater variety of fruits, vegetables, more whole grains, and less added sugar and saturated fat. The public comment period ended in May and the comments are now being considered by the USDA. While we await the implementation of the final rule, we are reviewing the proposed rule to inform participants of key proposed changes to facilitate an easier transition period to the new meal pattern requirements.

The proposed CACFP meal pattern has separated the currently combined fruit/vegetable component for lunch and supper into two separate components. Currently, it is a "Best Practice" to serve a fruit and a vegetable at lunch or supper to increase variety. The proposed new meal pattern encourages providers to offer at least one serving of dark green, orange, or red vegetables and legumes one time per week and to make at least one of the two components of a snack a fruit or a vegetable as a "Best Practice." Fruits and vegetables are taking a bigger role in the new pattern as they contribute a variety of vitamins and minerals needed for growth and maintenance. Increasing the variety of fruits and vegetables helps them grow and may help promote healthy habits later in their life.

Increase your success meeting the new meal patterns by implementing bite size portions of the proposed changes now. November is typically the month many think of sweet potatoes, pumpkin, squash, and other root vegetables - especially as we draw closer to Thanksgiving! Many children, however, may not have been exposed to these "non-traditional" vegetables! Sweet potatoes, pumpkin, and some squash meet the "Best Practice" colors of orange/red and provide great taste along with vitamins A & C, potassium, and dietary fiber. Now is the best time to do some taste tests with these great seasonal vegetables and incorporate them into your fall and winter menus. Sweet potatoes, pumpkin, and squash taste great on their own but also make great contributors to soups, stews, and kid-friendly comfort food casseroles. Experiment! To get you started, the Produce for Better Health Foundation's Fruit and Veggies More Matters web page lists ten ways to enjoy sweet potatoes^{vi}. This website offers lots of tips and recipes on many fruits and vegetables you may find helpful as you increase your fruit and vegetable servings.

Recipe of the Month

Fall is stew weather. This Sweet Potato and Black Bean Stew^{vii} from Team Nutrition's Recipes for Healthy Kids Cookbook for Child Care Centers^{viii} is a great way to try sweet potatoes in a new way while also incorporating leafy greens and black beans as well! This great recipe is savory and sweet - try it on its own or over brown rice or couscous for a healthy, hearty lunch or supper.

Sweet Potato and Black Bean Stew **Serves 25**

Ingredients:

3 each	Dried New Mexican chili pepper, whole
1 lb, 9 oz	Diced fresh onions
½ cup	Vegetable Oil
1 ½ Tbs	Ground cumin
3 lbs	Fresh sweet potatoes, peeled and cubed ½ inch
12 lbs, 2 oz	Canned, low-sodium black beans, drained
3 cups	Orange juice
1 qt	Low-sodium chicken stock
¼ cup	Red wine vinegar
1 tsp	Salt
1 tsp	Ground Black Pepper
1 lb or 12 oz	Fresh Swiss Chard, no stems, chopped ½" (or frozen

Directions:

1. Sauté chili peppers and onions in oil for 2-3 minutes in a large stock pot.
2. Add cumin and sauté for 2 minutes.
3. Add diced sweet potatoes, black beans, orange juice and stock. Bring to a boil.
4. Cover and reduce heat to low. Simmer for 20 minutes or until potatoes are tender.
5. Remove chilies and discard. Add vinegar, salt and pepper and Swiss chard (or spinach) and the remaining tomatoes. Simmer over low heat until chard or spinach wilts.
6. Serve stew in 1 cup portions.

Note:

1 cup (8 ounces) = 25 servings. Each serving provides 3 ounces meat alternate, 1/4 cup red/orange vegetable and 1/4 cup other vegetable. Recipe adapted from USDA Team Nutrition, Recipes for Healthy Kids Cookbook for Child Care Centers, accessed October 16, 2015.

Farm to School /Preschool

The National Farm to School Network^{ix} (NFSN) is conducting a 2015 Farm to Preschool Survey. The National Survey of Early Care and Education Settings^x focuses on local procurement, gardens, and food and farm education. NFSN is seeking input from staff in all early care and education settings. The survey is open through Friday, November 20, 2015. The data collected compliments and expands upon the USDA Farm to School Census^{xi} and will help FNS in our farm to preschool efforts. Early results from USDA's Farm to School Census are in. They show that schools are spending **\$598 million** on local foods and enjoying a host of benefits!

Apple Crunch:

Schools from north to south and east to west participated (in both peninsulas!) in Michigan Apple Crunch. Pretty sure they heard our crunch in Canada as well, but that's just speculation. Now it's time to keep that enthusiasm and momentum going and keep Farm to School activities happening all year long! If you have any pictures from the crunch you would like shared (or local stories that wasn't noted below) please feel free to send them to:

Abby Harper, Farm to School Specialist Center for Regional Food Systems
Michigan State University 480 Wilson Rd
Rm 309 Natural Resources Building East Lansing, MI 48824
Abby's phone numbers are: 517-432-4525 or 857-600-6921.

Other Farm to School News:

Check out the Michigan State University Extension: [Michigan State University Extension website](#)^{xii} for great resources on Food Day, Farm to School Month, the Apple Crunch, and other opportunities to celebrate local food in your school during October.

Funding Farm to School: How to Grow your Program

Free Webinar^{xiii}(Register Here)

Wednesday Oct 28, 2015

1:00 PM Pacific

Learn about funding alternatives for your farm to school program. Join the National Farm to School Network staff, along with Barnraiser crowdfunding expert (and former school gardener) Marie Sayles, as they explore funding alternatives including grants, donations, fundraising events and crowdfunding. AND share stories from the front line of school gardens and other farm to school programs.

Spotlight on Child Nutrition Programs

Each month, MDE CACFP will spotlight other Child Nutrition Programs in order to provide additional resources to help promote healthy eating and physical activity. This month's spotlight is on Team Nutrition.

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

All Team Nutrition resources are available on the Team Nutrition Web site: [Team Nutrition Resource Library](#)^{xiv}. Schools, child care providers (centers, sponsors, and day care homes), and summer meals sites that participate in one of the USDA Child Nutrition programs may request free printed copies of resource materials. For questions, or to place a bulk order, please email or call Team Nutrition at 703-305-1624.

ⁱ <http://www.michigan.gov/cacfp>

ⁱⁱ http://www.ocio.usda.gov/sites/default/files/docs/2012/Complain_combined_6_8_12.pdf

ⁱⁱⁱ http://www.ascr.usda.gov/complaint_filing_cust.html

^{iv} <mailto:program.intake@usda.gov>

^v <http://www.nokidhungry.org/innovation>

^{vi} <http://www.fruitsandveggiesmorematters.org/top-10-ways-to-enjoy-sweet-potatoes>

^{vii} <http://healthymeals.nal.usda.gov/hsmrs/R4HK/508/508ChilCSchool/SweetPotatoBlackBeanStewInst.pdf>

^{viii} <http://healthymeals.nal.usda.gov/recipes-healthy-kids-cookbooks/recipes-healthy-kids-cookbooks-cookbook-child-care-centers>

^{ix} <http://www.farmtoschool.org/>

^x <https://www.surveymonkey.com/r/NFSNfarmtopreschool>

^{xi} <https://farmtoschoolcensus.fns.usda.gov/>

^{xii} http://msue.anr.msu.edu/news/farm_to_school_continues_to_flourish

^{xiii} <http://bit.ly/1OXkFYS>

^{xiv} <http://www.fns.usda.gov/tn/resource-library>